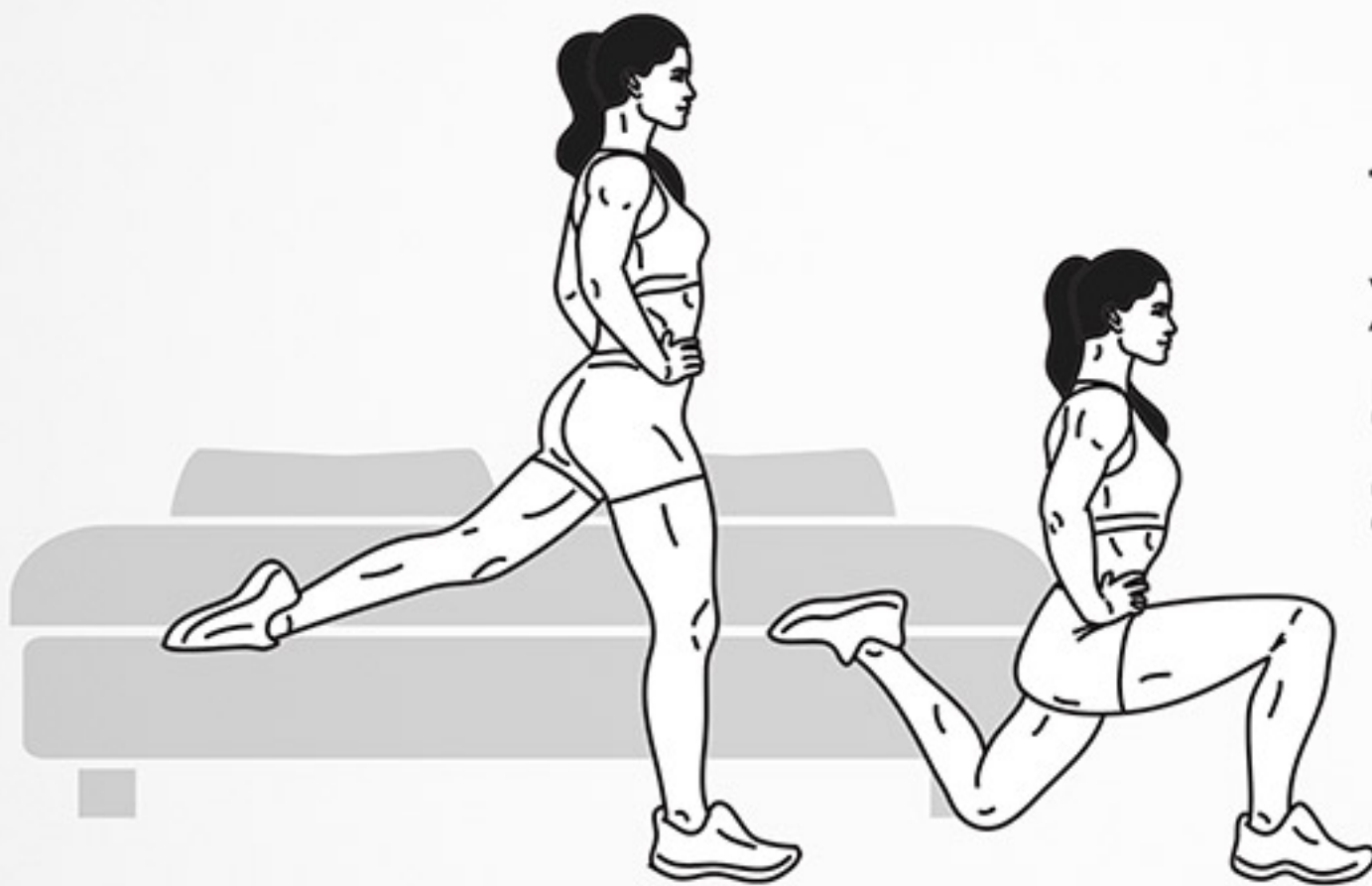


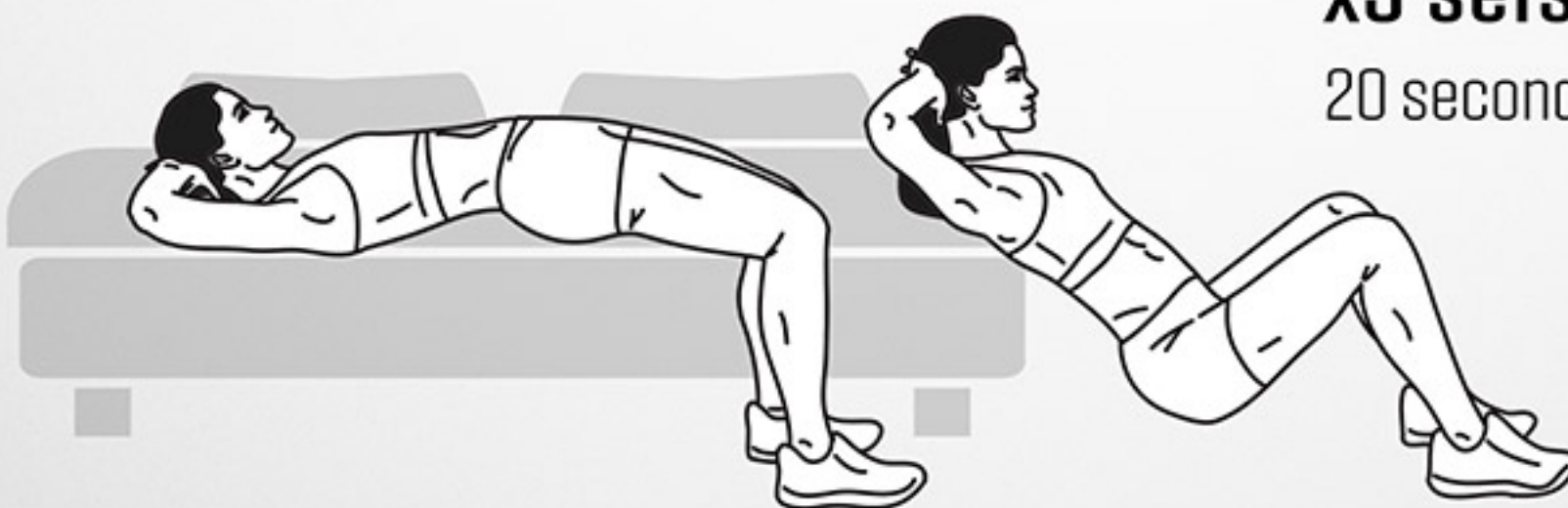
bedtime **GLUTES**

DAREBEE WORKOUT @ darebee.com



10 split squats
x3 sets

5 repetitions per leg
20 seconds between sets



10 raised bridges
x3 sets

20 seconds between sets

Booty Builder

DAREBEE WORKOUT @ darebee.com

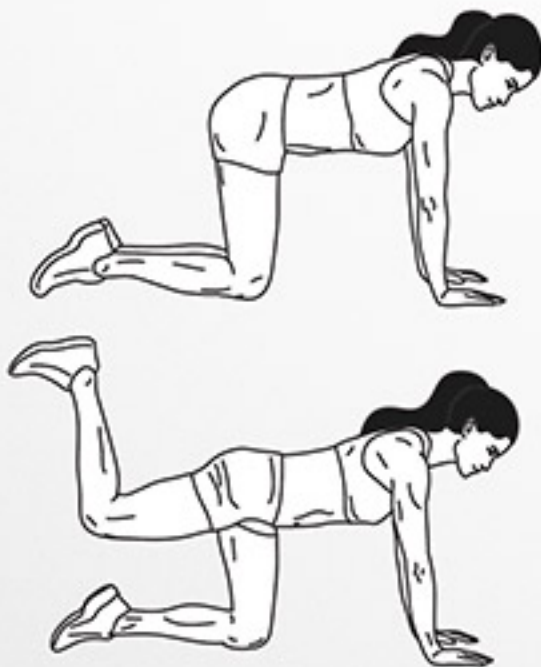
2 minutes rest between exercises



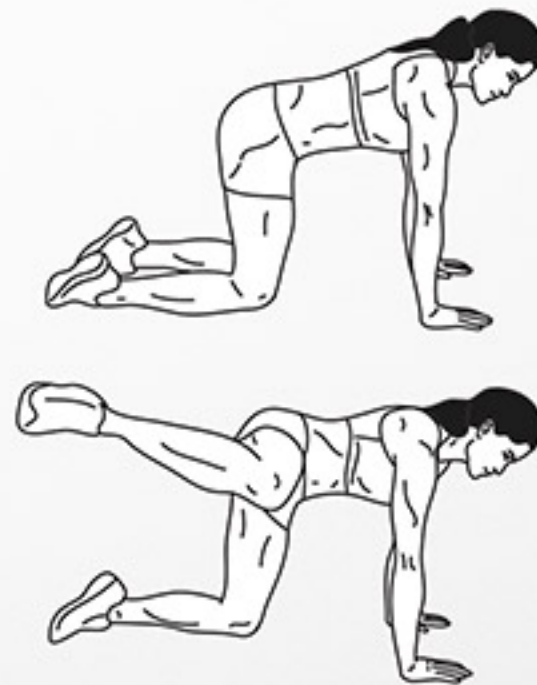
20 wide squats x **4 sets** in total
20 seconds rest between sets



20 bridges x **4 sets** in total
20 seconds rest between sets



40 leg extensions x **2 sets** in total
1 set per leg, no rest between sets



40 side leg extensions x **2 sets** in total
1 set per leg, no rest between sets

THE BOTTOM LINE

DAREBEE WORKOUT
FOR LEGS & BUTTOCKS

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST 2 minutes



10 squat + side leg raise



10 side-to-side lunges



10 split lunges



10 plank back kicks



10 side leg raises



10 split wipers

BUBBLE BUTT

DAREBEE WORKOUT

© darebee.com

2 minutes rest
between exercises



14 squats **x 4 sets** in total
20 seconds rest between sets



14 plank back kicks **x 4 sets** in total
2 sets per leg | 20 seconds rest



14 lunge step-ups **x 4 sets** in total
2 sets per leg | 20 seconds rest



14 single leg bridges **x 4 sets** in total
2 sets per leg | 20 seconds rest

Butt Lift

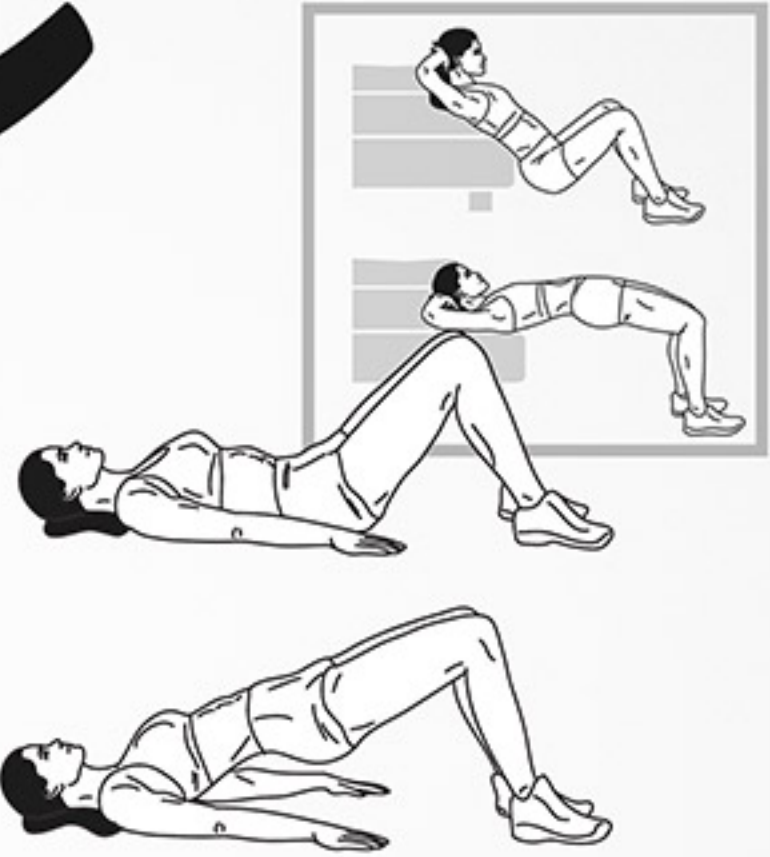
DAREBEE
WORKOUT

@ darebee.com

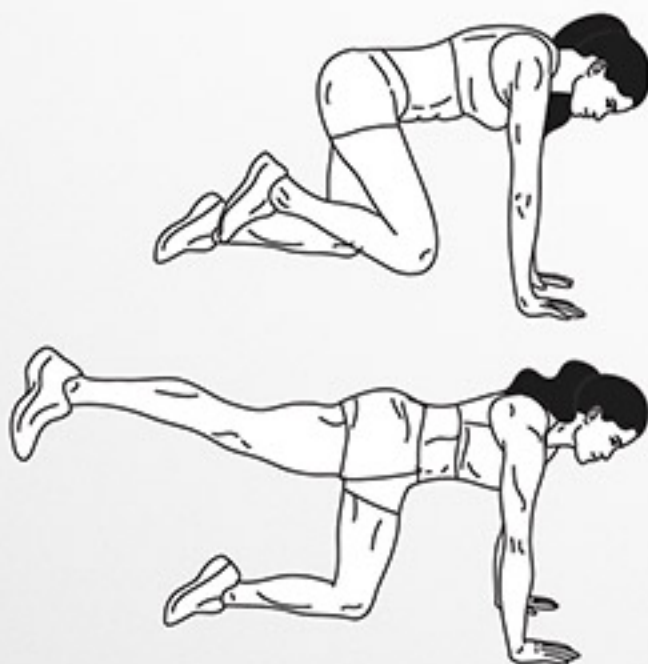
2 minutes rest
between exercises



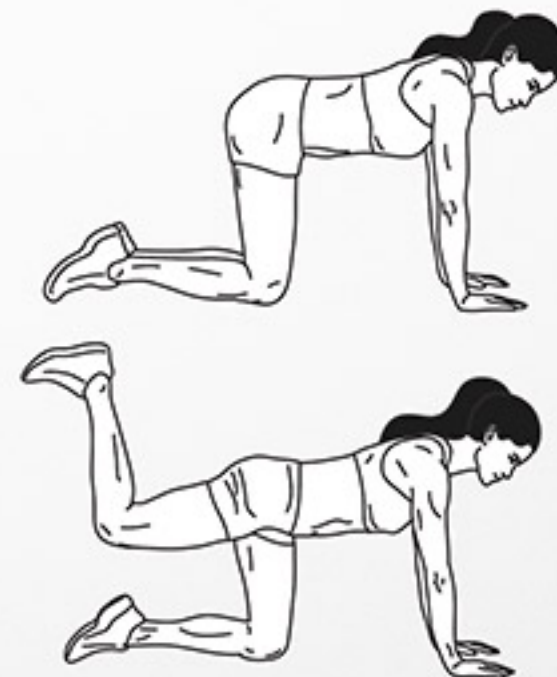
30 side leg extensions (side kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets



30 bridges **x 4 sets** in total
superior version. raised bridges
20 seconds rest between sets



30 push extensions (back kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets

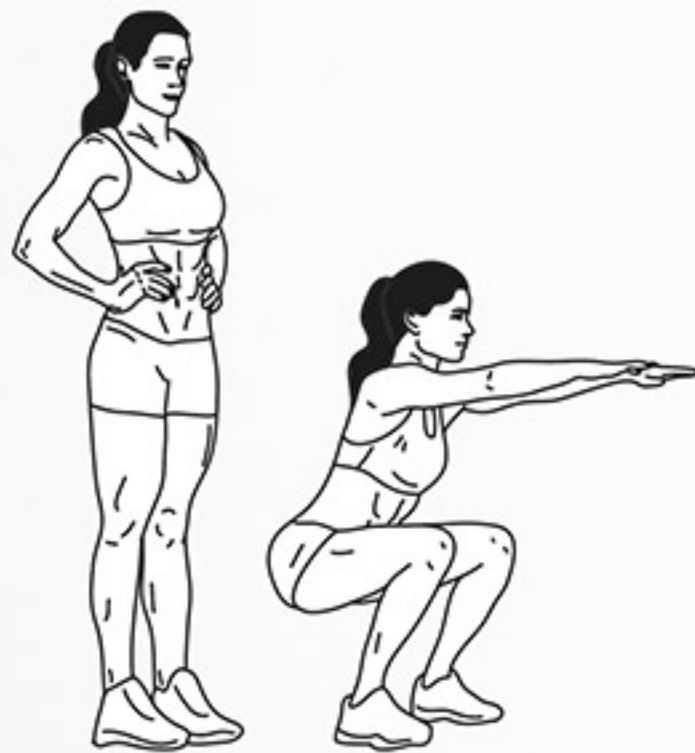


30 leg extensions (donkey kicks)
x 4 sets in total 2 sets per leg
20sec rest between sets

EPIC GLUTES

WORKOUT by DAREBEE @ darebee.com

3 sets | 2 minutes rest



5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold

5 squats

5-count squat hold



Glutes & Quads

DAREBEE WORKOUT © darebee.com
repeat 3 times with 1 minute rest in between



20 squats

1 single leg squat (left)

20 side leg raises (5/5)

1 single leg squat (right)

20 squats

1 single leg squat (left)

20 side leg raises (10/10)

1 single leg squat (right)

done

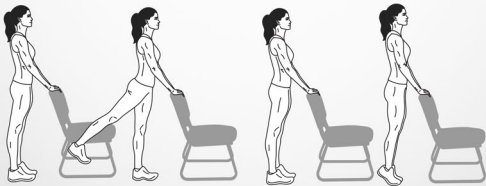
Glutes, Quads, Hamstrings, & Calves

workout by DAREBEE

© darebee.com



40 side leg raises



40 back kicks

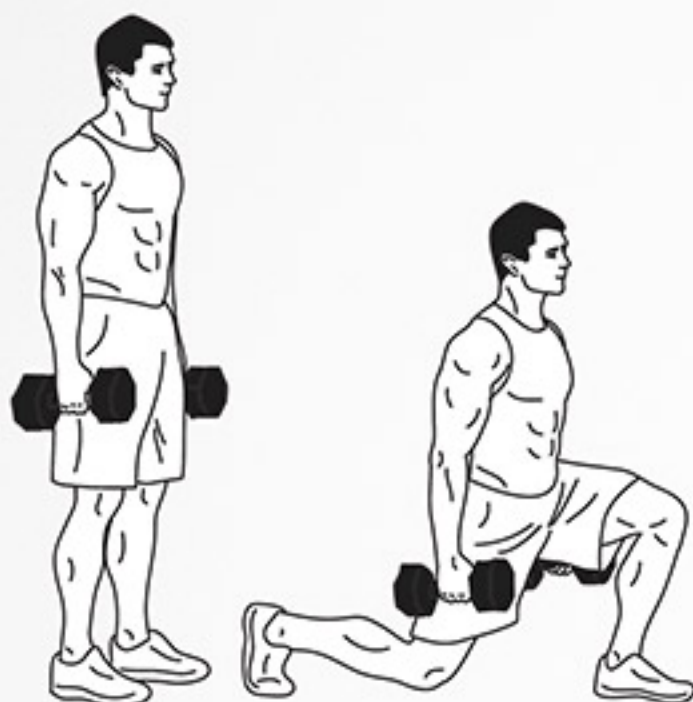
40 calf raises

GLUTES

WORKOUT BY @darebee.com

2 minutes rest between exercises

SCULPT



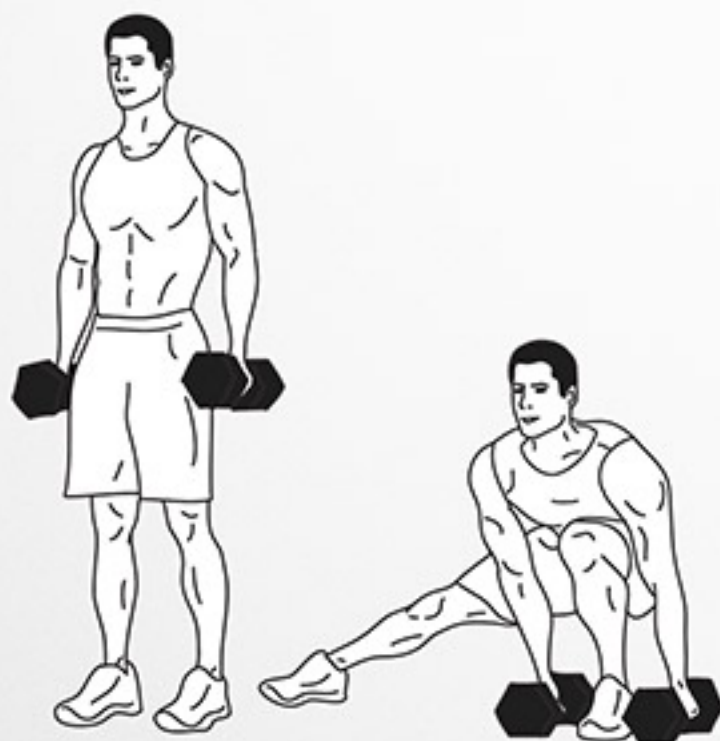
forward lunges

12, 10, 8, 6 (both legs)
30 seconds rest



single leg deadlifts

12, 10, 8, 6 (both legs)
30 seconds rest



deep side lunges

12, 10, 8, 6 (both legs)
30 seconds rest



goblet squats

10, 8, 6, 4
30 seconds rest

HIPS & GLUTES STRETCH

WORKOUT
BY DAREBEE
© darebee.com

Hold each pose
for 60 seconds
30 seconds per side
then move on
to the next one.



I ❤️ SQUATS

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



4 squat step back



4 goblet squats



4 squat front kick



4 goblet squats



4 squat hold calf raises



4 goblet squats

MAXIMUS

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 squats



5 calf raises



10 squats



5 calf raises



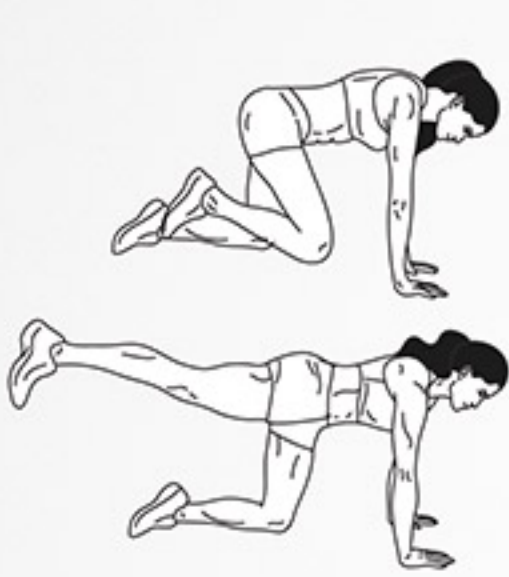
10 lunges



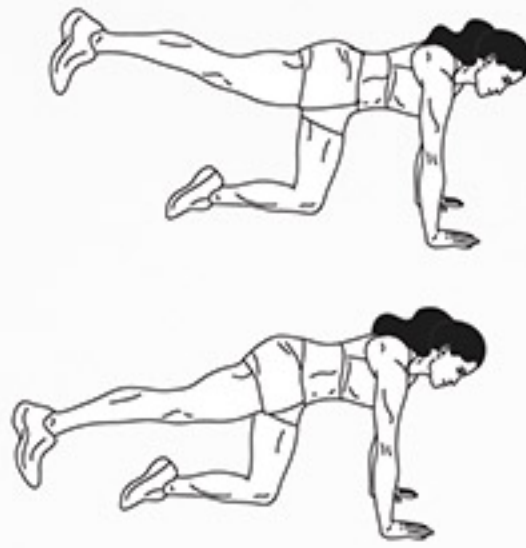
5 calf raises

peach

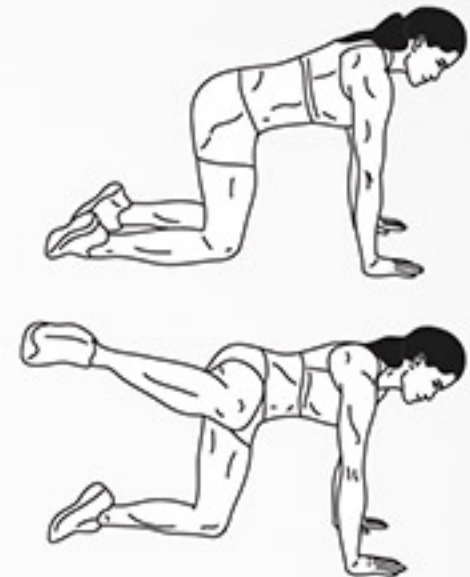
DAREBEE WORKOUT @ darebee.com



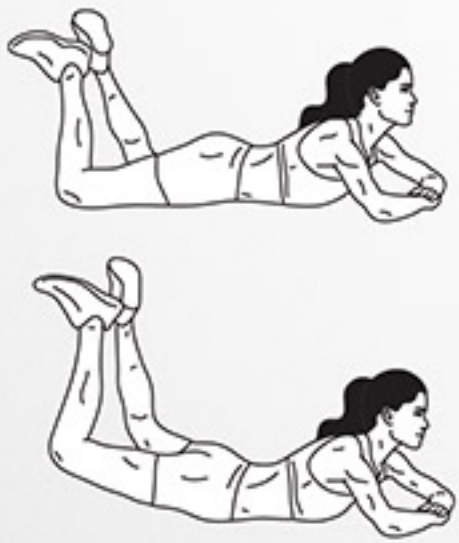
30 leg extensions
2 sets in total
30 sec rest in between



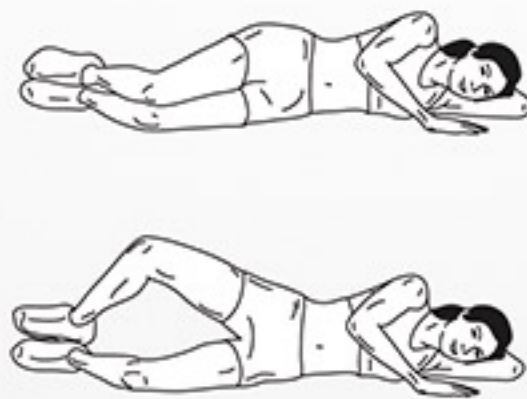
30 leg swings
2 sets in total
30 sec rest in between



10 side leg extensions
2 sets in total
30 sec rest in between



10 glute flex
2 sets in total
30 sec rest in between



10 clamshells
2 sets in total
30 sec rest in between



10 V leg extensions
2 sets in total
30 sec rest in between

Power Squat

DAREBEE WORKOUT @ darebee.com



5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

5 squats

5 calf raises

done



QUAD MOD

DAREBEE QUAD WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 jumping lunges



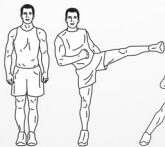
10 side-to-side lunges



20 jump squats



10 side-to-side lunges



20 side leg raises



10 side-to-side lunges

six o'clock

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 side leg raises



20 lunge step-ups



20 donkey kicks



10 clamshells



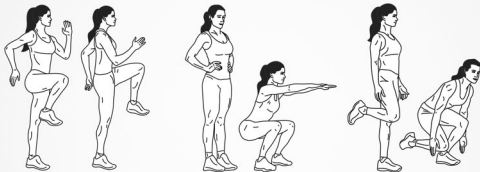
10 bridges



10 toe taps

Squat & Co

DAREBEE WORKOUT @ darebee.com



10 march steps

10 squats

2 single leg squats (left leg)

10 march steps

10 squats

2 single leg squats (right leg)

done

SUPER SQUAT

DAREBEE WORKOUT

© darebee.com

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



10 wide squats

10 jump squats



20sec wide squat hold

20 wide squat hold calf raises

WATCH YOUR SIX

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



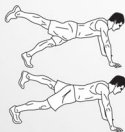
20 side leg raises



10 squats



10 lunges



10 plank leg raises



20 leg extensions



10 slow climbers